ORDERING REPLACEMENT PARTS

To order replacement parts, contact the ICON Fitness Lifestyle Ltd. office, or write:

ICON Fitness Lifestyle Ltd.
Greenwich House
223 North Street
Sheepscar
Leeds LS7 2AA
West Yorkshire

Tel: Country Code: 0345-089009
Fax: 0113-2411120

When ordering parts, please be prepared to give the following information:

- The MODEL NUMBER OF THE PRODUCT (WETL26090)
- The NAME OF THE PRODUCT (WESLO CADENCE® 935 treadmill)
- The SERIAL NUMBER OF THE PRODUCT (see the front cover of this manual)
- The KEY NUMBER OF THE PART(S) (see the PART LIST and the EXPLODED DRAWING attached in the centre of this manual)
- The DESCRIPTION OF THE PART(S) (see the PART LIST and the EXPLODED DRAWING attached in the centre of this manual).

If possible, place the treadmill near your telephone for easy reference when calling.

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Part No. 153695 R0599A

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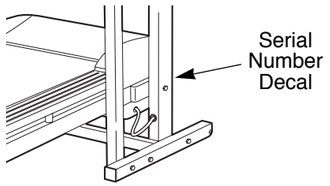
WESLO® cadence 935

Class HC Fitness Product

Model No. WETL26090
Serial No. _____

Write the serial number in the space above for future reference.



QUESTIONS?

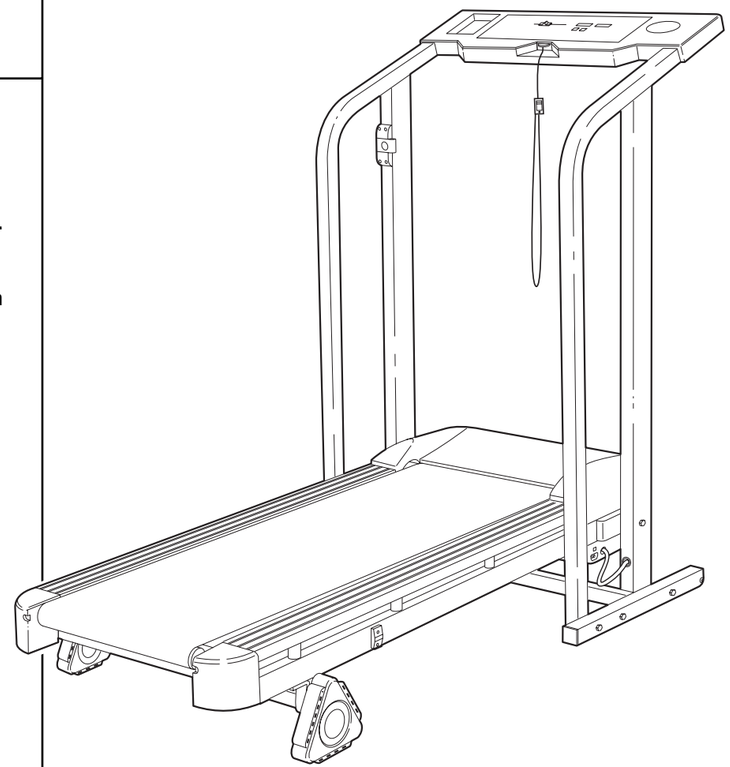
As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing parts, we will guarantee complete satisfaction through our Customer Service Department.

Please CALL:
0345-089009

Or WRITE:
ICON Fitness Lifestyle Ltd.
Greenwich House
223 North Street
Sheepscar
Leeds LS7 2AA
West Yorkshire

CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.



USER'S MANUAL

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Note: A PART LIST and an EXPLODED DRAWING are attached in the centre of this manual. Remove the PART LIST and EXPLODED DRAWING before beginning assembly.

IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of burns, fire, electric shock, or injury to persons, read the following important precautions and information before operating the treadmill.

1. **It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.**

2. **Use the treadmill only as described in this manual.**

3. **Place the treadmill on a level surface, with 8 feet (2 m) of clearance behind it. Do not place the treadmill on a surface that blocks any air openings. To protect the floor or carpet from damage, place a mat under the treadmill.**

4. **When choosing a location for the treadmill, make sure that the location and position permits access to the plug.**

5. **Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.**

6. **Do not operate the treadmill where aerosol products are used or where oxygen is being administered.**

7. **Keep children under the age of 12 and pets away from the treadmill at all times.**

8. **The treadmill should not be used by persons weighing more than 250 pounds (115 kg).**

9. **Never allow more than one person on the treadmill at a time.**

10. **Wear appropriate exercise clothing when using the treadmill. Do not wear loose clothing that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.**

11. **When connecting the power cord (see page 7), plug the power cord into an earthed circuit. When replacing the fuse, on ASTA approved BS1362 type should be fitted to the fuse carrier. A 13 amp fuse should be used. No other appliance should be on the same circuit.**

12. **If you need an extension cord, use only a 3-conductor, 14 gauge (1mm^2) cord that is no longer than 5 feet (1.5) meters.**

13. **Keep the power cord and away from heated surfaces.**

14. **Never move the walking belt whilst the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See BEFORE YOU BEGIN on page 4 if the treadmill is not working properly.)**

SUGGESTED STRETCHES

The correct form for several basic stretches is shown in the drawings at the right. Move slowly as you stretch—never bounce.

1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for both legs. Stretches: Hamstrings, lower back and groin.

3. Calf/Achilles Stretch

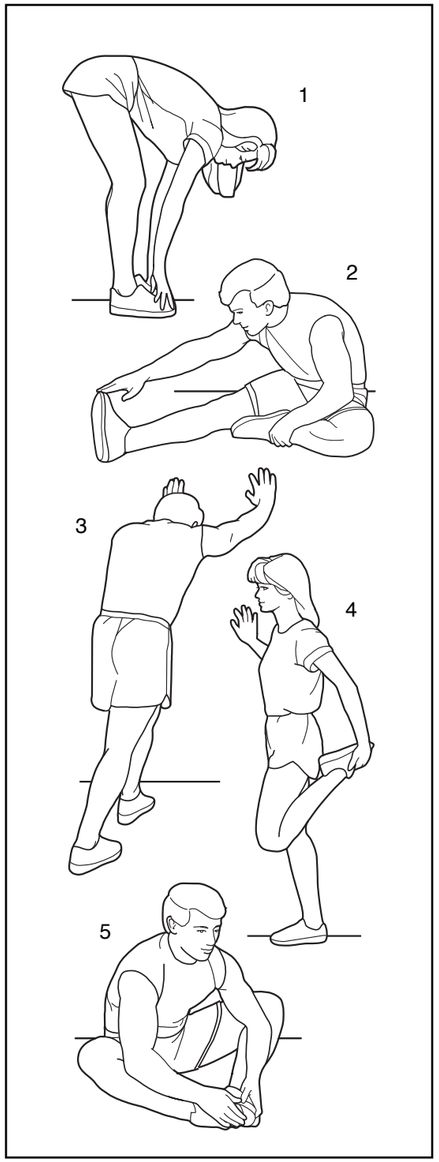
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for both legs. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for both legs. Stretches: Quadriceps and hip muscles.

5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.



CONDITIONING GUIDELINES

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems.

The pulse sensor is not a medical device. Various factors, including your movement, may affect the accuracy of heart rate readings. The sensor is intended only as an exercise aid in determining heart rate trends in general.

The following guidelines will help you to plan your exercise program. Remember—these are general guidelines only. For more detailed exercise information, obtain a reputable book or consult your physician.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. To find the proper heart rate for you, first find your age at the top of the chart below (ages are rounded off to the nearest ten years). Next, find the two numbers below your age. The two numbers are your "training zone."

AGE	20	30	40	50	60	70	80
MIN.	125	120	115	110	105	95	90
MAX.	165	155	145	140	130	125	115

To measure your heart rate during exercise, use the pulse sensor on the console. If your heart rate is too high or too low, adjust the speed of the treadmill as needed.

Fat Burning

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses easily accessible carbohydrate calories for energy. Only after the first few minutes does your body begin to use stored fat calories for energy. If your goal is to burn fat, adjust the speed and incline of the treadmill until your heart rate is near the low end of your training zone. (See pages 7 to 9.)

Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be "aerobic." Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust the speed and incline of the treadmill until your heart rate is near the middle of your training zone. (See pages 7 to 9.)

WORKOUT GUIDELINES

Each workout should include the following three parts:

Warming Up

Start each workout with 5 to 10 minutes of stretching and light exercise. A proper warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training Zone Exercise

After warming up, increase the intensity of your exercise until your pulse is in your training zone for 20 to 60 minutes. (During the first few weeks of your exercise program, do not keep your pulse in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise—never hold your breath.

Cool-down

Finish each workout with 5 to 10 minutes of stretching to cool down. This will increase the flexibility of your muscles and will help prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months, you may complete up to five workouts each week if desired. The key to success is to make exercise a regular and enjoyable part of your everyday life.

15. Never start the treadmill whilst you are standing on the walking belt. Always hold the handrails whilst using the treadmill.

16. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.

17. The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

18. Never leave the treadmill unattended whilst it is running. Always remove the key when the treadmill is not in use.

19. Do not change the incline of the treadmill by placing objects under the treadmill.

20. Do not attempt to raise, lower, or move the treadmill until it is properly assembled. (See ASSEMBLY on page 5, and HOW TO MOVE THE TREADMILL on page 11.) You must be able to safely lift 45 pounds (20 kg) in order to raise, lower, or move the treadmill.

21. When storing the treadmill, make sure that the storage latch is fully closed.

22. Inspect and tighten all parts of the treadmill every three months.

23. Never drop or insert any object into any opening.

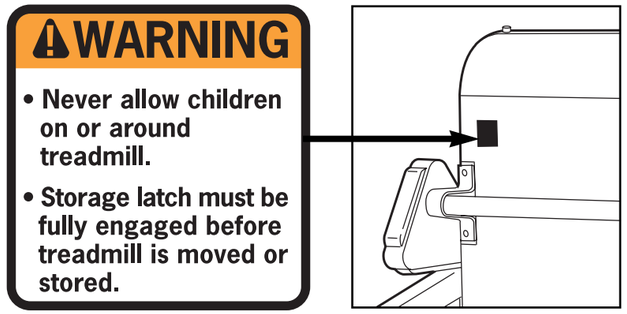
24. DANGER: Always unplug the power cord before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorised service representative. Servicing other than the procedures in this manual should be performed by an authorised service representative only.

25. This treadmill is intended for in-home use only. Do not use this treadmill in any commercial, rental, or institutional setting.

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

SAVE THESE INSTRUCTIONS

The decal shown at the right has been placed on your treadmill. If the decal is missing, or if it is not legible, please call our Customer Service Department to order a free replacement decal (see ORDERING REPLACEMENT PARTS on the back cover of this manual). Apply the decal in the location shown.

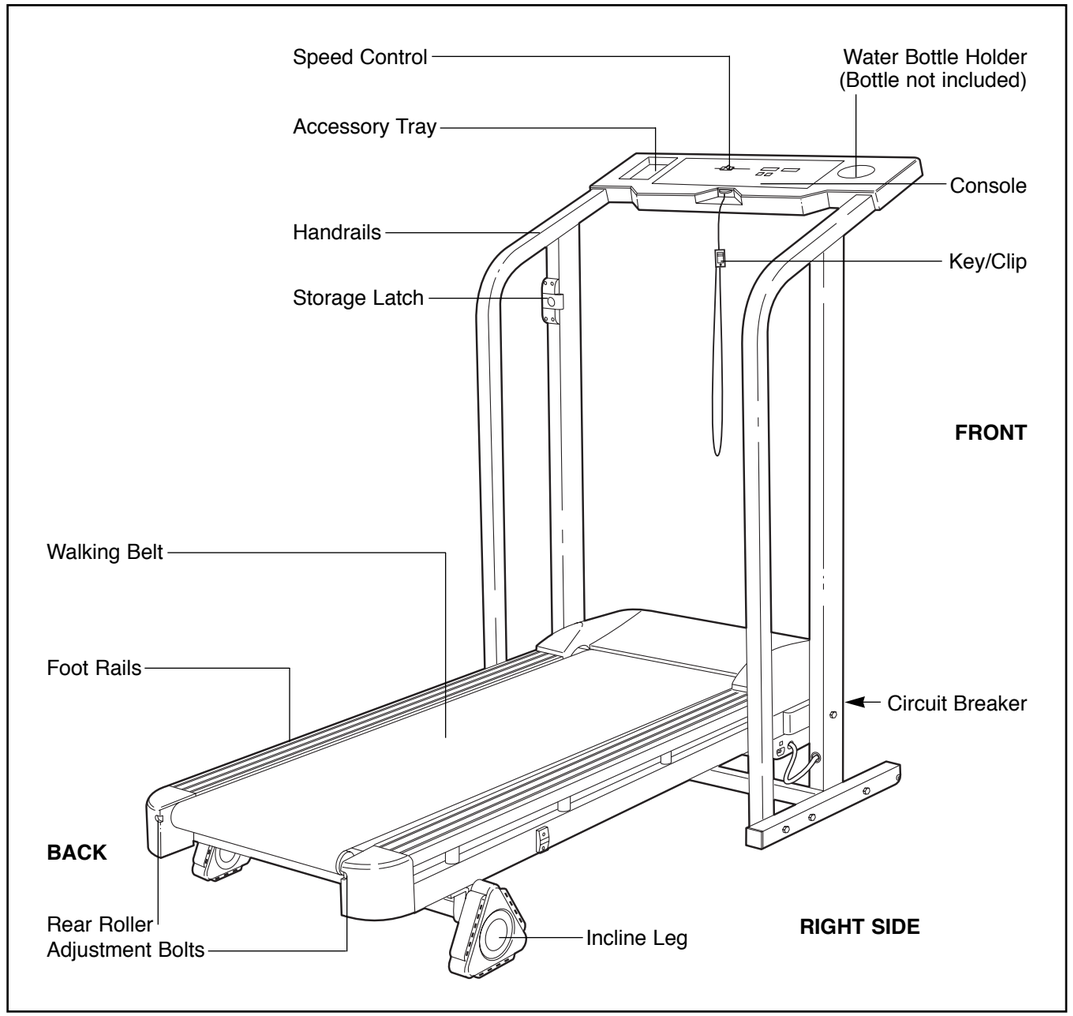


BEFORE YOU BEGIN

Thank you for selecting the WESLO® CADENCE 935 treadmill. The CADENCE 935 treadmill combines advanced technology with innovative design to let you enjoy an excellent form of cardiovascular exercise in the convenience and privacy of your home. And when you're not exercising, the unique CADENCE 935 can be folded up, requiring less than half the floor space of other treadmills.

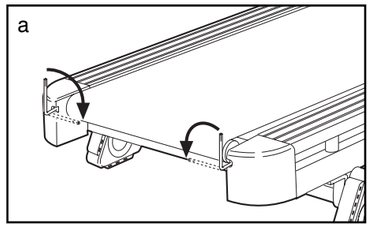
For your benefit, read this manual carefully before using the treadmill. If you have additional questions, please call our Customer Service Department at 0345-089009. To help us assist you, please note the product model number and serial number before calling. The model number of the treadmill is WETL26090. The serial number can be found on a decal attached to the treadmill (see the front cover of this manual for the location).

Before reading further, please review the drawing below and familiarise yourself with the parts that are labelled.

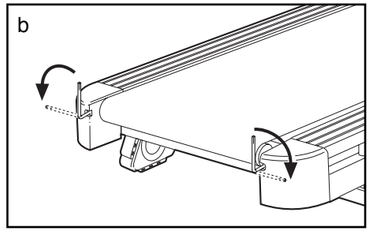


PROBLEM: The walking belt is off-centre or slips when walked on

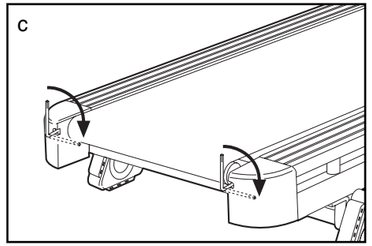
SOLUTION: a. **If the walking belt has shifted to the left**, first remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn the left rear roller adjustment bolt clockwise, and the right bolt counterclockwise, 1/4 of a turn each. Be careful not to overtighten the walking belt. Plug in the power cord, insert the key and run the treadmill for a few minutes. Repeat until the walking belt is centred.



b. **If the walking belt has shifted to the right**, first remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn the left rear roller adjustment bolt counterclockwise, and the right bolt clockwise, 1/4 of a turn each. Be careful not to overtighten the walking belt. Plug in the power cord, insert the key and run the treadmill for a few minutes. Repeat until the walking belt is centred.



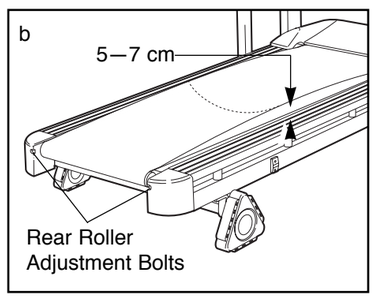
c. **If the walking belt slips when walked on**, first remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller adjustment bolts clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each side of the walking belt 5 to 7 centimetres off the walking platform. Be careful to keep the walking belt centred. Plug in the power cord, insert the key and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



PROBLEM: The walking belt slows when walked on

SOLUTION: a. If an extension cord is needed, use only a 3-conductor, 14-gauge (1mm^2) cord that is no longer than 5 feet (1.5 meters).

b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may be permanently damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller adjustment bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each side of the walking belt 5 to 7 centimetres off the walking platform. Be careful to keep the walking belt centred. Plug in the power cord, insert the key and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



c. If the walking belt still slows when walked on, please call our Customer Service Department.

MAINTENANCE AND TROUBLE-SHOOTING

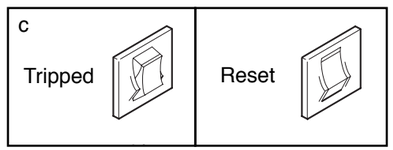
Most treadmill problems can be solved by following the steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, please call our Customer Service Department.

PROBLEM: The power does not turn on

SOLUTION: a. Make sure that the power cord is plugged into a properly earthed outlet. (See HOW TO PLUG IN THE POWER CORD on page 7.) If an extension cord is needed, use only a 14-gauge cord of five feet (1,5m) or less in length.

b. After the power cord has been plugged in, make sure that the key is fully inserted into the console.

c. Check the circuit breaker located on the treadmill frame near the power cord. If the switch protrudes as shown, the circuit breaker has tripped. To reset the circuit breaker, wait for five minutes and then press the switch back in.



PROBLEM: The power turns off during use

SOLUTION: a. Check the circuit breaker located on the treadmill frame near the power cord (see the drawing above). If the circuit breaker has tripped, wait for five minutes and then press the switch back in.

b. Make sure that the power cord is plugged in.

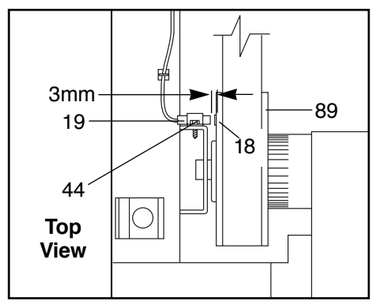
c. Remove the key from the console. Reinsert the key fully into the console.

d. If the treadmill still will not run, please call our Customer Service Department.

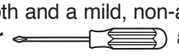
PROBLEM: The displays of the console do not function properly

SOLUTION: a. Check the batteries in the console. If the batteries need to be replaced, see assembly step 6 on page 6. Most problems are the result of drained batteries.

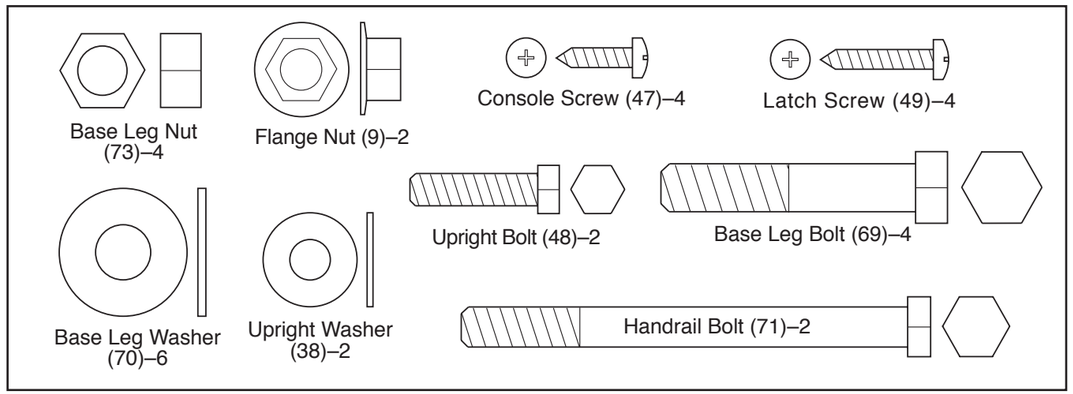
b. If the speed display does not show a correct reading, remove the key and **UNPLUG THE POWER CORD**. Remove the screws from the sides and front of the hood. Carefully remove the hood. Locate the Reed Switch (19) and the Magnet (18) on the left side of the Pulley (89). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 3mm (1/8").** If necessary, loosen the Screw (44) and move the Reed Switch slightly. Retighten the Screw. Re-attach the hood and run the treadmill for a few minutes to check for a correct speed reading.



ASSEMBLY

Assembly requires two people. Set the treadmill in a cleared area and remove all packing materials. Do not dispose of the packing materials until assembly is completed. Note: The underside of the walking belt is coated with high-performance lubricant. During shipping, a small amount of lubricant may be transferred to the top of the walking belt or the shipping carton. This does not affect treadmill performance. If there is lubricant on top of the walking belt, wipe off the lubricant with a soft cloth and a mild, non-abrasive cleaner. **The following tools are required for assembly: a phillips screwdriver**  **and two adjustable wrenches** **(not included).**

During assembly, refer to the drawings below to identify the small parts used in assembly.



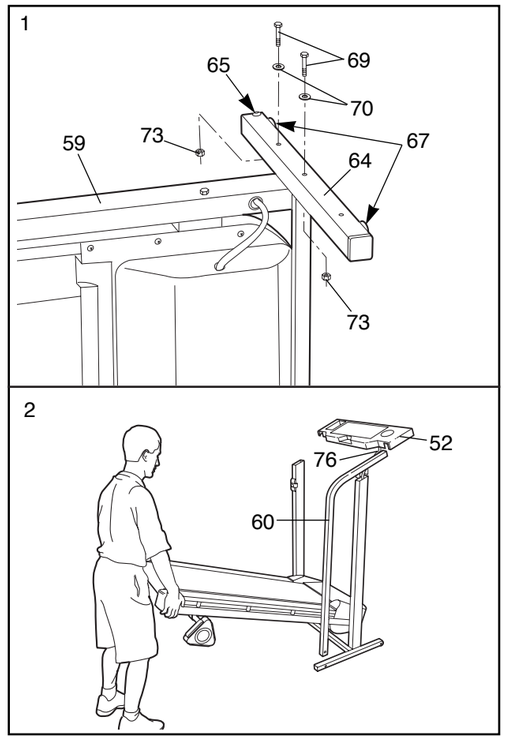
1. Refer to drawing 2 below. Note that the Console Base (52) and the Right Handrail (60) are connected to the treadmill by the Wire Harness (76). **During assembly steps 1 through 3, be careful to avoid pulling on or damaging the Wire Harness.**

   Refer to drawing 1. With the help of a second person, carefully lay the treadmill on its side. Position one of the Base Legs (64) on the base of the Upright (59) as shown. Make sure that the Base Leg Pads (67) and the Front Wheel (65) are in the indicated positions. Attach the Base Leg with two Base Leg Bolts (69), two Base Leg Washers (70), and two Base Leg Nuts (73).

   With the help of a second person, carefully turn the treadmill onto its other side. Assemble the other Base Leg (64) as described above.

   With the help of a second person, carefully raise the treadmill to the upright position so the Base Legs (64) are resting flat on the floor.

2. Hold the treadmill firmly with both hands, and lower the treadmill to the floor. **To decrease the possibility of injury, bend your legs and keep your back straight.**



3. Insert the bracket on the Left Handrail (61) into the left Upright (59). Whilst a second person holds the Console Base (52), carefully insert the Right Handrail (60) into the right Upright (59). **Make sure that the lower ends of the Handrails (61, 60) are on the inside of the Base Legs (64) (refer to the inset drawing).**

   Loosely thread an Upright Bolt (48) with an Upright Washer (38) into each Upright (59).

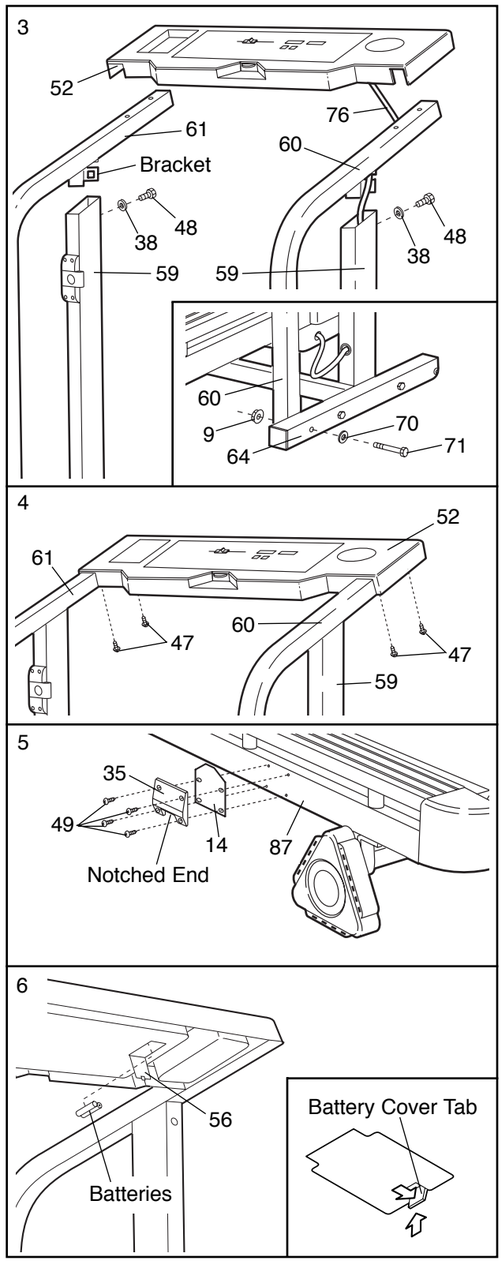
   Refer to the inset drawing. Insert a Handrail Bolt (71) with a Base Leg Washer (70) into the right Base Leg (64) and the Right Handrail (60). **Loosely thread** a Flange Nut (9) onto the Handrail Bolt. Repeat this step with the Left Handrail (not shown).

4. Place the Console Base (52) on the Left and Right Handrails (61, 60). Insert the excess Wire Harness (not shown) into the top of the right Upright (59), as you pull the excess Wire Harness (76) out of the bottom of the Upright (see drawing 6). Attach the Console Base with four Console Screws (47).

   Tighten all parts used in assembly step 3.

5. Attach the Left Frame Guide (35) and the Frame Guide Spacer (14) to the left side of the Frame (87) with four Latch Screws (49) as shown. Note: Be careful not to overtighten the Screws. **Make sure that the notched end of the Frame Guide is at the bottom.**

6. The console requires two "AA" batteries (not included); alkaline batteries are recommended. Open the Battery Cover (56) as shown. Insert two batteries into the battery compartment, **with the negative (–) ends of the batteries touching the springs.** Close the battery cover, push up on the battery cover tab, and then push the tab forward as shown in the inset drawing. Be sure that the tab locks into place.



7. **Make sure that all parts are properly tightened before you use the treadmill.** Note: Some parts may be left over after assembly is completed. Save the included allen wrench for adjusting the walking belt. To protect the floor or carpet from damage, place a mat under the treadmill.

HOW TO MOVE THE TREADMILL

Before moving the treadmill, convert the treadmill to the storage position as described on page 10. **Make sure that the storage latch is locked fully over the frame guide.**

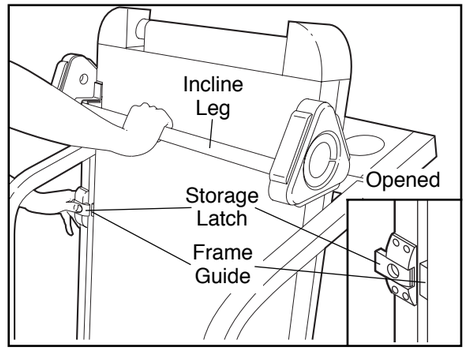
1. Hold the upper ends of the handrails. Place one foot on one of the front wheels as shown.

2. Tilt the treadmill back until it rolls freely on the front wheels. Carefully move the treadmill to the desired location. **Never move the treadmill without tipping it back, or the base pads may come off. To reduce the risk of injury, use extreme caution whilst moving the treadmill. Do not attempt to move the treadmill over an uneven surface.**

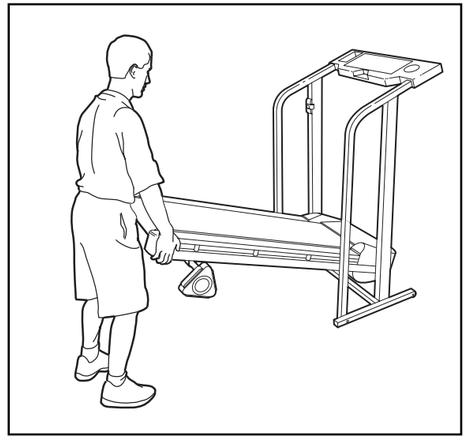
3. Place one foot on the base, and carefully lower the treadmill until it is resting in the storage position.

HOW TO LOWER THE TREADMILL FOR USE

1. Hold the upper end of the treadmill with your right hand as shown. Using your left hand, slide open the storage latch. Pivot the treadmill until the frame guide and the foot rail are past the storage latch. If necessary, turn the incline leg as you raise the treadmill.

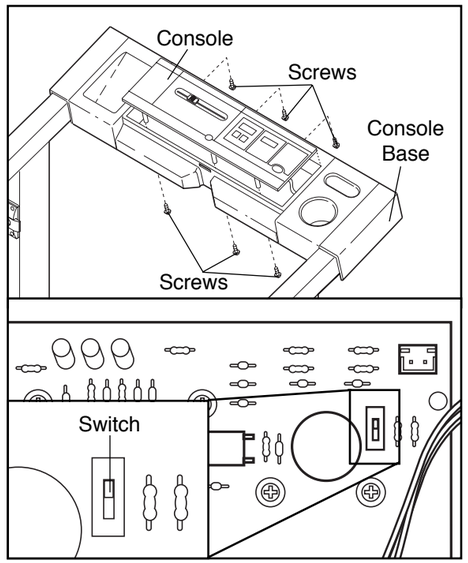


2. Hold the treadmill firmly with both hands, and lower the treadmill to the floor. **To decrease the possibility of injury, bend your legs and keep your back straight.**



HOW TO SELECT KILOMETRES AND MILES

The console can display distance and speed in either kilometres or miles. To change the unit of measurement, first **UNPLUG THE POWER CORD.** Next, remove the six screws attaching the console to the console base. Lift the console a few inches, being careful not to pull on the wires, and turn the console over. Locate the small switch on the back of the console. Move the switch upward or downward to select kilometres or miles. Re-attach the console to the console base. **After changing the unit of measurement, remove one of the batteries from the console for about five seconds and then reinsert it. This will reset the console.**

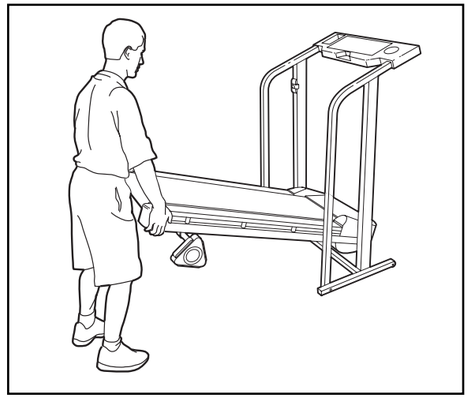


HOW TO FOLD AND MOVE THE TREADMILL

HOW TO FOLD THE TREADMILL FOR STORAGE

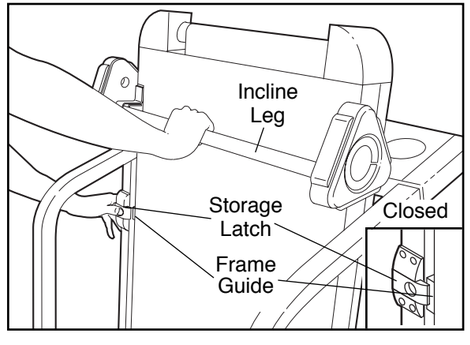
Before folding the treadmill, unplug the power cord.
Caution: You must be able to safely lift 45 pounds (20 kg) in order to raise, lower, or move the treadmill.

1. Hold the treadmill with your hands in the locations shown at the right. **To decrease the possibility of injury, bend your legs and keep your back straight. As you raise the treadmill, make sure to lift with your legs rather than your back.** Raise the treadmill about halfway to the vertical position.



2. Move your right hand to the position shown at the right, and hold the treadmill firmly. Raise the treadmill until the storage latch locks over the frame guide. If necessary, turn the incline leg as you raise the treadmill. **Make sure that the storage latch closes fully over the frame guide.**

   To protect the floor or carpet from damage, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 30° Celsius.



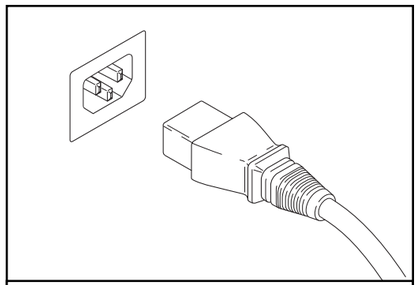
OPERATION AND ADJUSTMENT

THE PERFORMANT LUBE™ WALKING BELT

Your treadmill features a walking belt coated with PERFORMANT LUBE™, a high-performance lubricant. **IMPORTANT: Never apply silicone spray or other substances to the walking belt or the walking platform. They will deteriorate the walking belt and cause excessive wear.**

HOW TO PLUG IN THE POWER CORD

This product must be earthed. If it should malfunction or break down, earthing provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-earthing conductor and a earthing plug. Plug one end of the cord into the treadmill. **Plug the power cord into an appropriate outlet that is properly installed and earthed in accordance with all local codes and ordinances.**



⚠ DANGER: Improper connection of the equipment-earthing conductor can result in an increased risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly earthed. Do not modify the plug provided with the product—if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

Use only a power cord type H05VV-F with a conductor of at least 1mm², with a country recognised plug and an appliance coupler.

HOW TO CHANGE THE INCLINE OF THE TREADMILL

To vary the intensity of your exercise, the incline of the treadmill can be changed. There are three different incline levels. **Before changing the incline, remove the key and unplug the power cord.**

To change the incline of the treadmill, first hold the rear roller endcap with one hand and raise the back of the treadmill a few inches. Using your other hand, rotate the incline leg to one of the three incline positions. The inset drawing at the right shows the incline leg rotated to the “max fat burn” position. This position is ideal for maximum fat burning. For a less intense fat burning workout, rotate the incline leg to the “fat burn” position. For aerobic exercise, rotate the incline leg to the “aerobic” position. When you have turned the incline leg to the desired position, lower the treadmill. Make sure that the incline leg is resting flat on the floor.

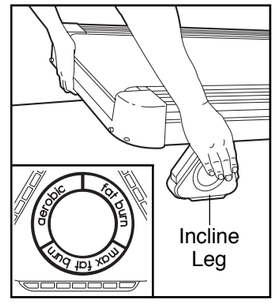
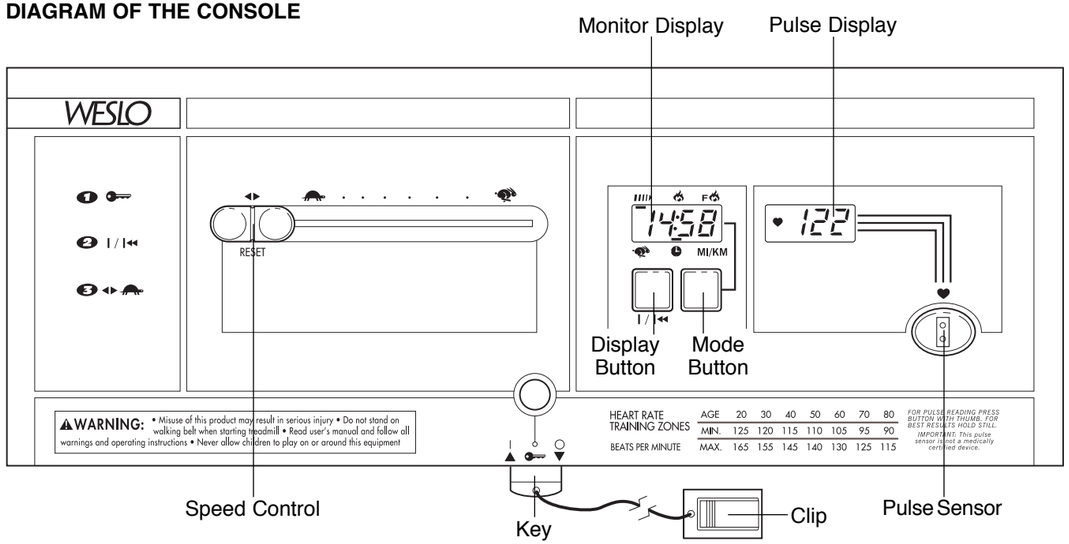


DIAGRAM OF THE CONSOLE



⚠ CAUTION: Before operating the console, read the following precautions.

- **Do not stand on the walking belt when turning on the power.**
- **Always wear the clip (see the drawing above) whilst operating the treadmill. When the key is removed from the console, the walking belt will stop.**
- **Adjust the speed in small increments.**
- **To reduce the possibility of electric shock, keep the console dry. Avoid spilling liquids on the console and use only a sealable water bottle.**

STEP BY STEP CONSOLE OPERATION

Before operating the console, make sure that the power cord is properly plugged in. (See HOW TO PLUG IN THE POWER CORD on page 7.) In addition, make sure that batteries are installed in the console. (See step 6 on page 6.) If there is a thin sheet of clear plastic on the console, remove it.

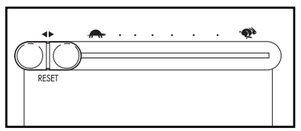
Step onto the foot rails of the treadmill. Next, find the clip attached to the key (see the drawing above). Slide the clip onto your waistband.

Follow the steps below to operate the console.

1 Insert the key fully into the power switch.

Note: Inserting the key will not turn on the displays. The displays will turn on when the display button is pressed or when the walking belt is started. If you just installed batteries, the displays will already be on.

2 Reset the console and start the walking belt.



Move the speed control to the RESET position. **Note: Each time the walking belt is stopped, the speed control must be moved to the RESET position before the walking belt can be re-started.**

Next, slowly move the speed control until the walking belt begins to move at slow speed. Carefully step onto the walking belt and begin exercising. Change the speed of the walking belt as desired by moving the speed control.

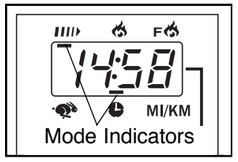
To stop the walking belt, step onto the foot rails and move the speed control to the RESET position.

3 Follow your progress with the monitor display.

The monitor display offers six modes that provide instant exercise feedback:

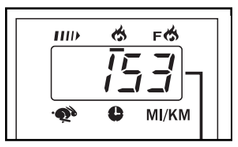
- Speed—This mode shows your speed, in miles per hour or kilometres per hour.
- Time—This mode shows the length of time you have exercised. Note: If you stop exercising for ten seconds, the time mode will pause.
- MI/KM Distance—This mode shows the total number of miles or kilometres you have walked or run, up to 999.
- F Fat Calories—This mode shows the approximate number of fat calories you have burned. (See FAT BURNING on page 14.)
- Calories—This mode shows the approximate number of calories you have burned.
- Scan—This mode displays the other five modes, for five seconds each, in a repeating cycle.

When the power is turned on, the scan mode will be selected. One mode indicator will appear by the scan icon and another mode indicator will show which mode is currently displayed.



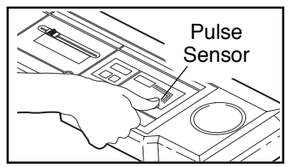
Mode Indicators

If desired, the speed, time, distance, fat calories or calories mode can be individually selected. Press the mode button repeatedly until the desired mode indicator appears. Make sure that there is not a mode indicator by the scan icon.

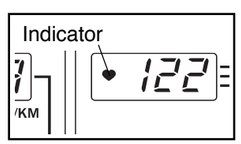


To reset the display, press the display button.

4 Measure your pulse, if desired.



When you are not using the pulse sensor, a "P" will appear in the pulse display. To measure your pulse, stand on the foot rails and place your thumb on the pulse sensor as shown. The pulse sensor is pressure activated—fully press it down. **Do not press too hard, or the circulation in your thumb will be restricted, and your pulse will not be detected.** Next, raise your thumb slightly until the heart-shaped indicator in the pulse display flashes **steadily**. Hold your thumb at this level. After a few seconds, three dashes will appear in the display and your pulse will be shown. Hold your thumb on the sensor for another 15 seconds for the most accurate reading.



If the displayed pulse appears to be too high or too low, or if your pulse is not displayed, lift your thumb off the sensor and allow the display to reset. Press down again on the sensor as described above.

Make sure that your thumb is positioned as shown, and that you are applying the proper amount of pressure to the pulse sensor. Try the sensor several times until you become familiar with it. Remember to stand still whilst measuring your pulse.

5 Turn off the power.

To turn off the power, simply wait for about six minutes. If the walking belt is stationary and the console buttons are not pressed for six minutes, the power will turn off automatically.

PART LIST—Model No. WETL26090

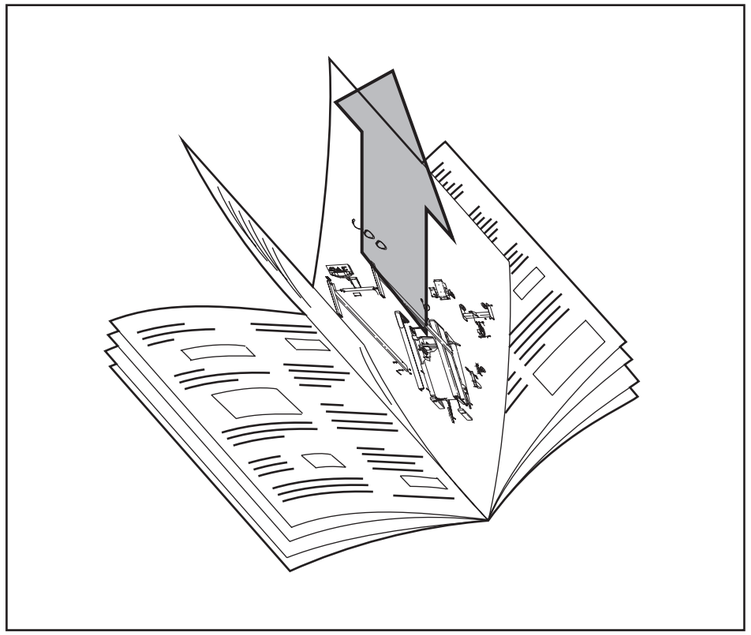
R0599A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	Incline Leg Bolt	54	1	Speed Control Knob
2	6	Incline Leg Pad	55	1	Speed Potentiometer
3	2	Incline Leg	56	1	Battery Cover
4	2	Incline Leg Plate	57	2	Belt Guide
5	2	Incline Leg Bushing	58	1	Key/Clip
6	2	Incline Leg Bracket	59	1	Upright
7	2	Foot Rail	60	1	Right Handrail
8	3	8” Cable Tie	61	1	Left Handrail
9	2	Flange Nut	62	2	Frame Pivot Bolt
10	1	Tie Clamp	63	2	Wheel Nut
11	14	Screw	64	2	Base Leg
12	1	Releaseable Cable Tie	65	2	Front Wheel
13	14	Fastener	66	2	Wheel Bolt
14	1	Frame Guide Spacer	67	4	Base Leg Pad
15	1	Motor Hood	68	1	Allen Wrench
16*	1	Motor/Pulley/Flywheel/Fan	69	4	Base Leg Bolt
17	1	Motor Belt	70	8	Base Leg Washer
18	1	Magnet	71	2	Handrail Bolt
19	1	Reed Switch	72	8	Walking Platform Screw
20	1	Reed Switch Clip	73	4	Base Leg Nut
21	4	Hood Anchor	74	2	Base Leg Cap
22	20	Anchor Screw/Base Pad Screw	75	1	Upright Grommet
23	2	Frame Pivot Nut	76	1	Wire Harness
24	1	Motor	77	1	Ground Screw
25	1	Pulley/Flywheel/Fan	78	1	Latch Decal
26	1	Motor Tension Bolt	79	1	Ground Washer
27	1	Motor Tension Washer	80	3	Nylon Washer
28	1	Motor Star Washer	81	1	Right Rear Endcap
29	1	Motor Tension Nut	82	1	Interface Bracket
30	1	Motor Pivot Bolt	83	1	Belly Pan
31	1	Wire Clip	84	8	Isolator
32	1	Controller	85	1	Rear Belly Pan
33	1	Electronics Bracket	86	1	Right Frame Guide
34	1	Receptacle	87	1	Frame
35	1	Left Frame Guide	88	1	Incline Rod
36	1	Circuit Breaker	89	1	Front Roller/Pulley
37	1	Front Roller Adj. Bolt	90	1	Walking Platform
38	11	Upright Washer/Adj. Washer	91	1	Walking Belt
39	2	Upright Spacer	92	1	Filter
40	1	Ground Nut	93	1	Rear Roller
41	1	Console	94	1	Ground Wire
42	1	Motor Pivot Sleeve	95	2	Rear Roller Guard
43	1	Storage Latch	96	1	Console Plug
44	4	Reed Switch Screw	97	2	Rear Roller Adj. Bolt
45	2	Cage Nut	#	1	14” White Wire, Male/Female
46	2	Motor Pivot Bushing	#	1	8” White Wire, 2 Female
47	7	Console Screw	#	1	10” Upright Wire Harness
48	2	Upright Bolt	#	1	4” Black Wire, 2 Female
49	18	Hood/Latch Screw	#	1	8” Black Wire, 2 Female
50	1	Left Rear Endcap	#	1	4” Green/Yellow Ring/Female
51	1	Choke	#	1	8” Green/Yellow Ring/Female
52*	1	Console Base Assembly	#	1	User’s Manual
53	1	Motor Pivot Nut			

Note: “#” indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of the user’s manual for information about ordering replacement parts.

REMOVE THIS EXPLODED DRAWING AND PART LIST FROM THE MANUAL

Save this EXPLODED DRAWING and PART LIST for future reference.



Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of the User's Manual.

EXPLODED DRAWING—Model No. WETL26090

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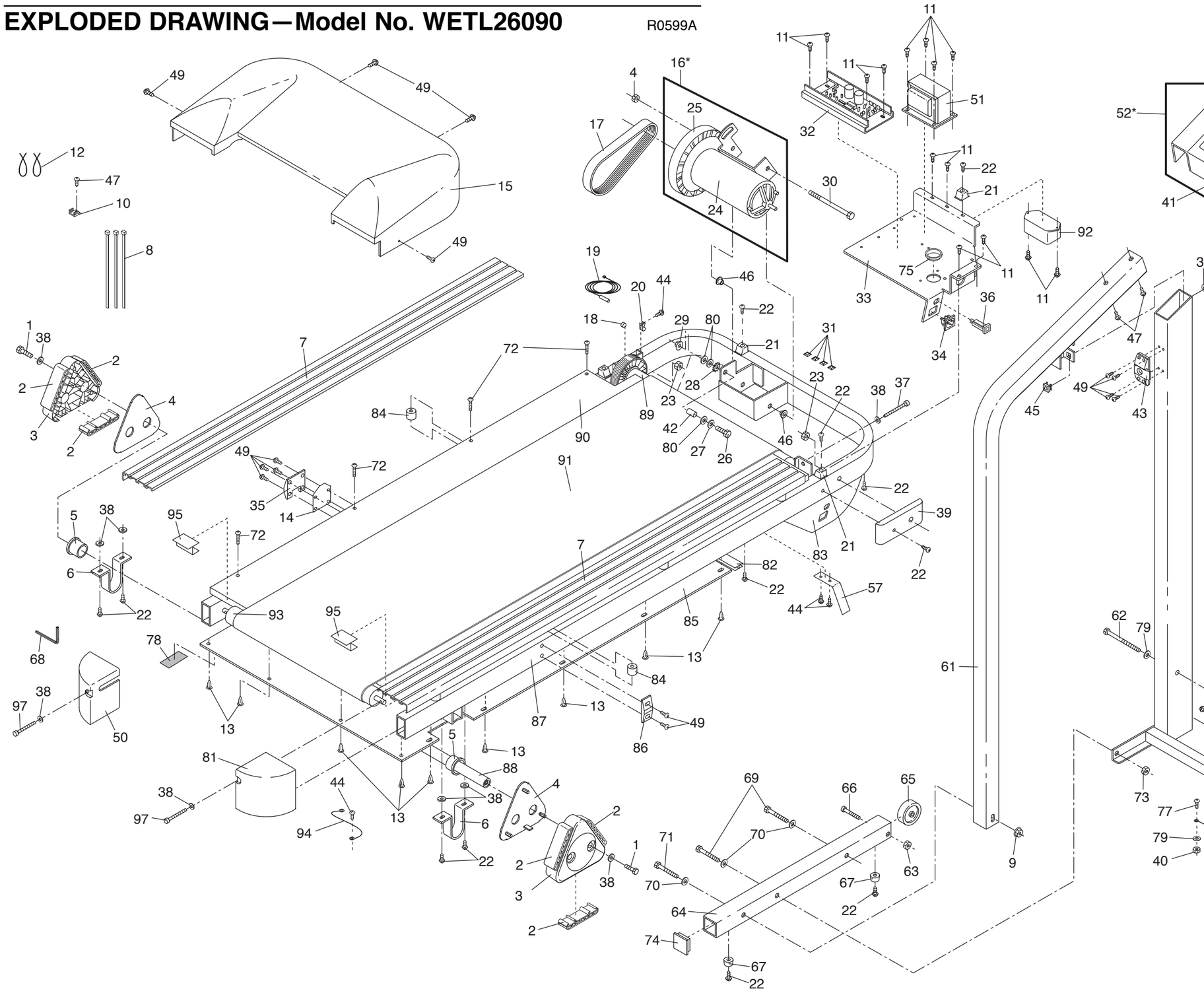

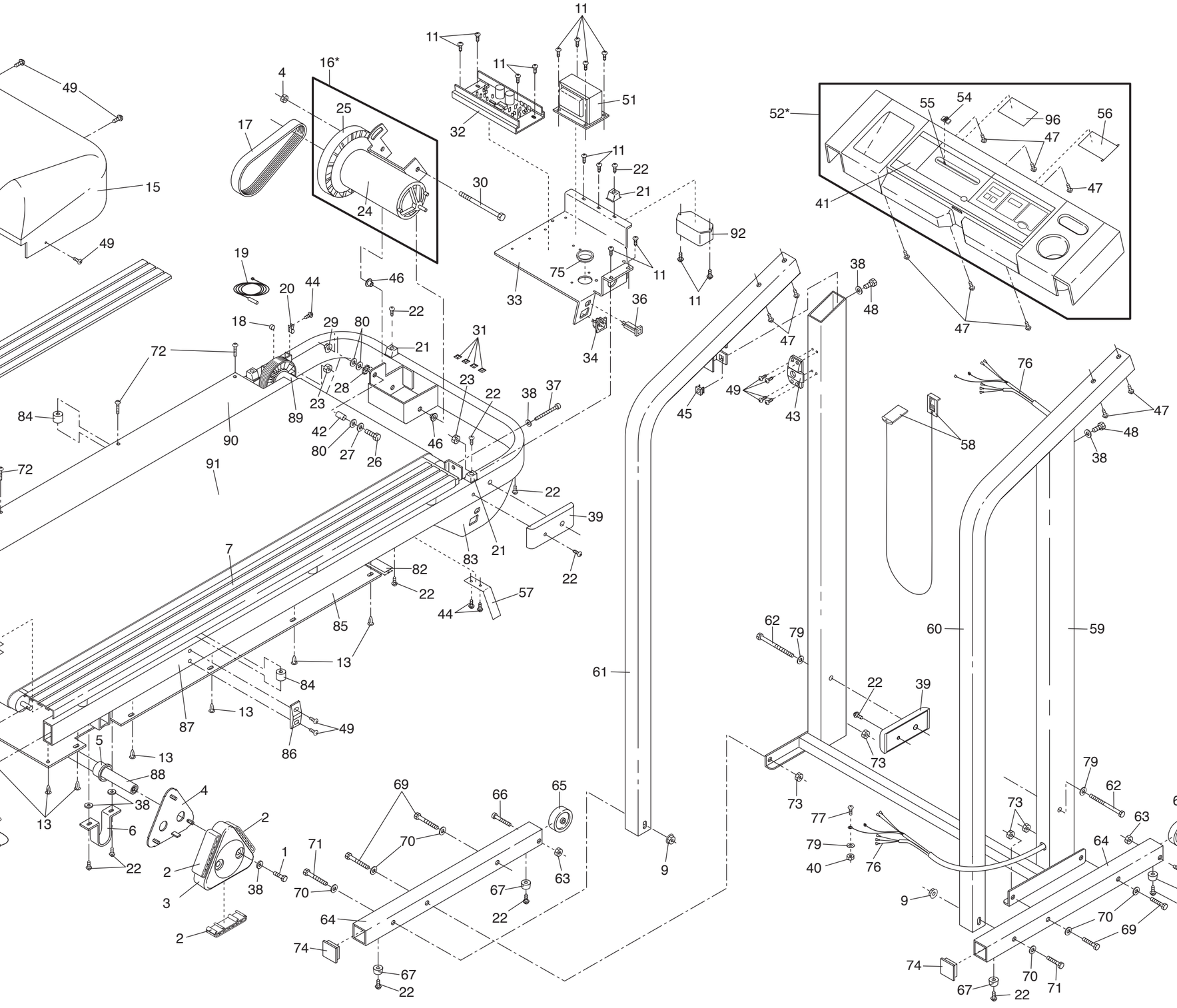
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